

Type	Top Fuel	OK	Not Best
Carbo's	brown rice, baked spuds, wholemeal bread, pasta, vegetables, fruits, oats	white bread, rice, mashed potatoes, root vegetables, honey ,cereals	chips, fried rice, biscuits, sugary sweets and cakes
Proteins	white fish, white meat, low fat cheese, kidney beans, lentils, eggs	oily fish(tuna) red meat, other cheese, fried eggs	fried fish, fried meat, burgers, sausages, fatty cheeses
Fluids	water, approved sports drinks, fruit juices	milk(semi skimmed), some tea/coffee, red wine	too much alcohol, tea/coffee, fizzy drinks, sugary drinks
Fats	oily fish, sardines, olive oil, semi skim milk	yoghurts, corn oil, other milk prod's	the things we crave like crisps chocs etc

This is just a guide line so don't get too hung up on it, as a rule of thumb if you keep close to the idea's discussed your diet will be healthy for life not just running!

If you enjoy a beer or glass of wine just make sure you drink water afterwards before going to bed to reduce dehydration.